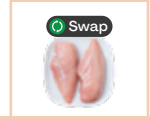




Smart Souvlaki-Style Pork Salad with Creamy Lemon Dressing

Smart Meal 30 Minutes



Chicken Breasts
2 | 4

Customized Protein **+** Add **○** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Pork Chops,
boneless
340 g | 680 g



Orzo
85 g | 170 g



Sweet Bell
Pepper
1 | 2



Tomato
1 | 2



Spring Mix
56 g | 113 g



Garlic, cloves
2 | 4



Lemon
1 | 1



Feta Cheese,
crumbled
¼ cup | ½ cup



Sour Cream
1 | 2



Mixed Olives
30 g | 60 g



Dill-Garlic Spice
Blend
1 tsp | 2 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, sugar, oil, salt

Cooking utensils | Baking sheet, large bowl, large pot, measuring cups, measuring spoons, medium bowl, paper towels, parchment paper, small bowl, strainer, zester

1



Cook orzo

- Before starting, preheat the oven to 450°F.
- Add 6 cups water and 1 tsp salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Add **half the orzo** (use all for 4 ppl) to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and rinse with **cold water** until cool to the touch.
- Return **orzo** to the same pot, off heat.
- Stir in **1 tsp** (2 tsp) **oil**.

4



Make creamy lemon dressing

- Meanwhile, add **lemon zest**, **sour cream**, **remaining garlic** and **1 tbsp** (2 tbsp) **water** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

2



Prep

- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.
- Core, then cut **pepper** into ¼-inch pieces.
- Cut **tomato** into ¼-inch pieces.
- Drain, then cut or tear **olives** in half.

5



Make salad

- Combine **lemon juice**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a large bowl.
- Add **orzo**, **spring mix**, **tomatoes**, **peppers**, **feta** and **olives**.
- Season with **salt** and **pepper**, then toss to combine.

3



Cook pork

[Swap](#) | [Chicken Breasts](#)

- Meanwhile, pat **pork** dry with paper towels.
- Add **pork**, **Dill-Garlic Spice Blend**, **half the garlic** and **2 tsp** (4 tsp) **oil** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.
- Arrange **pork** on a parchment-lined baking sheet.
- Roast in the **bottom** of the oven until golden-brown and cooked through, 14-16 min.**
- Transfer **pork** to a clean cutting board to rest, 2-3 min.

6



Finish and serve

- Thinly slice **pork**.
- Divide **salad** between plates. Arrange **pork** over top.
- Dollop with **creamy lemon dressing**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Cook chicken

[Swap](#) | [Chicken Breasts](#)

If you've opted to get **chicken**, cook it in the same way the recipe instructs you to cook the **pork****

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook pork and chicken to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively.